Get to know Julianne Ingham, NP, Deeper Healing Transcript

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Julianneu2019s Background and Calling to Nursing

Hi, I'm Julianne. I am the nurse practitioner here at Deeper Healing. Let me tell you a little bit about myself. My story starts when I was 18. And I think it was in this moment that I realized I wanted to become a nurse and even further as a Nurse Practitioner.

I remember being in NP school and I was being taught, here is your list of symptoms, Here's the diagnosis to match it, and here's a medication to treat it.

Memorize this protocol, you know, memorize that schedule.

Disillusionment with Conventional Care

And I just thought, this is not right. This is sick care. this Is not healthcare. And I feel like that kind of dipped my toe a little bit into the functional medicine space.

So I went right into working in an all-natural holistic space practice with a chiropractor, also doing some hormones, running a hormone program. But I think what really pushed me further into holistic healing functional medicines was the birth of my daughter.

When she was born, week after week, she was exhibiting more symptoms. So colic, severe reflux, wasn't gaining weight.

Her Daughteru2019s Illness and Holistic Healing Journey

She was just a very sickly baby. Brought her to the pediatrician's office and of course her pediatricians said, here's an an acid, keep her on it from here on out and she'll just grow out of it.

And as a new mom, I thought, this is not, that can't be true. That can be right. So I spent all hours of the day, all of hours the night researching, researching.

What can I do to help my kid now and help her so that she doesn't continue to become ill as she's older? We went through gut healing protocols, nervous system work, body work and she got better.

And so this really sparked my interest in how can I do this in my practice? How can actually help other people? So through that research, I found IFM, Institute of Functional Medicine, studied with them, trained through them and was certified through.

And I don't know how, but I stumbled across an ad for deeper healing. I remember after interviewing with emailing Danielle and Dr.

Functional Medicine Training and Joining Deeper Healing

B, I think daily, bugging them. Hire me, hire me. I just had this gut feeling that this is where I was supposed to be. And I'm so glad they did, because being here the last few years, i have grown and learned so much under the mentorship of Dr B.

i treat patients all ages, children, to the elderly, but i think that own experience with my child really made me passionate about treating women, children, and family members.

I think it just made realize that it's such an under-supported, underserved population, especially in the functional medicine space. I'm so passionate about finding the root cause, and I think that's why I love being here so much, because I will go in the trenches with you.

Patient Care Philosophy at Deeper Healing

I'll dig deep down with, you I help you find that root-cause, I get you through to healing. And I pride myself on being an open book. It's almost like we're just sitting in your living room talking about it.

That's important. provider and patient really makes all the difference. Combined with everything else that we offer here, I'm really happy to be here at Deeper Healing.